

February Topic: Heart Health



One in every four deaths in the United States is due to heart disease. That's nearly 610,000 Americans each year. Although these statistics are staggering, the good news is that many of the risk factors that contribute to heart disease are preventable and controllable if you're young at heart.

Heart age is the calculated age of your heart after factoring in your risk factors for heart disease. In fact, on average, American adults have hearts seven years older than their actual age.



Every 43 seconds, a person in the United States has a heart attack. That amounts to nearly 735,000 Americans each year. One in five heart attacks is silent, meaning that the person was not aware of the symptoms. Know the five major signs of a heart attack:

- Jaw, neck, or back pain
- Feeling weak, faint, or light-headed
- Chest pain or tightness
- Arm, shoulder pain, or discomfort
- Shortness of breath



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